

# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

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## Cooking Ninja Style



Bonnie Antonini's on-line cooking show assists those who desire a vegetarian lifestyle but may find letting go of meat somewhat of a challenge. Photo by Julie Parker.

By Julie Parker

CARMICHAEL, CA – (MPG) Carmichael resident Bonnie Antonini is the star, director, film crew, and editor of her on-line cooking show, "Vegetarian Cooking for Carnivores." "I do a million takes, moving the camera many times."

The show assists those who desire a vegetarian lifestyle – be it for humanitarian or health reasons – but may find letting go of meat somewhat of a challenge.

"When I grew up in Los Angeles," recalls Antonini, "we had meat three times a day. My dad's Armenian, and my mother is Irish. So, we had bacon in the morning, turkey or bologna at lunch, roast or hamburgers for dinner. It was meat constantly. I decided, for humanitarian reasons, to not participate in it any longer."

She fell off the wagon a few times. "I first tried it in my teens. All I knew was salads, and rice

and beans, which gets old really fast. Then, I'd revert back, and try again. Once I found imitation products, it was so much easier."

She cooked vegetarian for her two sons in their early years, including - from scratch - yogurt, bread, and pasta. "My kids never had store-bought bread or cookies. Once-a-year, we'd go to Apple Hill and buy 400 pounds of organic apples. I'd make juice or applesauce and freeze it."

Antonini acted in theater when she was younger, and took a leave of absence to focus on being a mother and wife. As the boys grew older, she returned to the acting world. "I was doing local stage, then commercials, TV, and voice overs. You have to be diversified to make a living."

She's also a substitute host on Access Sacramento's "Live Wire" show when Ray Tatar is unavailable. "I thought, 'What if I host a cooking show?' I like Rachel Ray's personality. I feel

I'm like her – every mom. I'm the kind of person people can relate to.

"What I've done is found substitute meat products that are good, and talk you off the edge when you want a pepperoni pizza, and nothing else will do."

The cooking show is for mid-level cooks. "I help those who are new to cooking and may feel a little overwhelmed, but I don't want to bore people who already know how to boil an egg. Nothing I make is that hard. I tell people, 'Just watch me. Don't write anything down.' I have the recipes at the end."

She encourages exploring different brands of meat products. "It's all a matter of taste. The first fake hot dog I had was horrible. I couldn't eat more than one bite. A friend of mine said, 'Here, try these linkettes; they're fabulous.' And, they were. So, don't give up. Taste is subjective.

"Meat in a lot of recipes is

more to act as a base. With chicken parmesan, you're tasting the tomato sauce and parmesan cheese. I found a good chicken product, which took a while. I made orange chicken with it. It's a question of finding the right product to satisfy the urge."

She emphasizes that meat products should not be eaten every day. They are simply a means to assist struggling vegetarians obtain their goals on challenging days.

Not all of Antonini's shows are meat oriented. She also offers yogurt and scone shows.

Joanne Fluke's mystery books have re-fueled her interest in desserts. "She has recipes for cookies in each book! My husband shares with his co-workers so we don't eat it all."

You can view Antonini's on-line show at [VegetarianCookingForCarnivores.wordpress.com](http://VegetarianCookingForCarnivores.wordpress.com)

## Bev's Angel Project Needs A New Home

CARMICHAEL, CA- (MPG) Bev's Angel Project is an all-volunteer California non-profit corporation and has been housed in Carmichael for the last five years at the Carmichael Oaks Shopping Center (although the project has been in existence for 13 years). The owners generously donated a large space to the Angel Project and have recently rented the location. They are in need of at least 7,000 square feet of donated space located in the Carmichael/Citrus Heights area. They will pay their own utilities and liability insurance. It is critical for them to have this space by August through December and into January in order to serve the 3,000 children/families they touch during the holiday season. For many children this is their only Christmas.

They work all year long sorting and organizing donations, making quilts and blankets and preparing for the holidays. In December, over 48 Starbuck's stores (as well as other businesses) collect toys for the project from a very generous community. They are also blessed to have the support of Carmichael Kiwanis and Chamber of Commerce.

Bev's Angel Project serves children/families through local schools, CPS, churches, hospitals, sheriff's and fire department, Mustard Seed, Alta Regional and more. With the dedication of volunteers and the generosity and support of the community, they have been able to continue their efforts each holiday season. As stated, they are in serious need of a new home and are reaching out to anyone who may have a space they are willing to donate and make a commitment to the project. Please contact Jan at (916) 402-7202 or Judee at (916) 798-6311, or email to: [topredrvr1@comcast.net](mailto:topredrvr1@comcast.net) if you have any information or can help.

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## Employers Accelerate Local Hiring Demand

Pacific Staffing  
Special Report

SACRAMENTO COUNTY, CA – (MPG) If 2008 was slamming on the 'economic' brakes in Sacramento, 2009 was screeching to a halt. 2010 a virtual dead stop for hiring while 2011 offered a chance to restart the 'market engines'. As the national recovery gains speed 2012 has finally put the local job market back into gear. Pacific Staffing has discovered that Sacramento's top employers are putting 'pedal to the metal' as they hit the 'gas' in hiring in the second quarter of 2013. Seventy-five percent (75%) of

top regional employers polled are hiring, with fifty percent (50%) attributing the employee demand to growth of their workforce. Another fifty percent (50%) will hire for replacements as their motivation for seeking workers in April, May and June. It was this time last year that hiring for growth surpassed hiring demand for the first time since 2008.

This growing market opportunity is also causing Sacramento area employers to suggest retention of workers is becoming a concern in the next quarter. While keeping workers was a worry, a greater number of employers cited compliance with new State and Federal law, and

management of new healthcare rules as their major challenges.

Seasonal demand was also cited by sixteen percent (16%) of companies in the next three months. More hiring has become seasonal in nature as reduction and reorganizations caused by the recession created awareness among Sacramento employers of actual needs. Twenty-five percent (25%) of regional employers polled directly by phone between February 24 and March 13 say they are not hiring.

Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand

was also noted in the Second Quarter for customer service/sales, general office/clerical, manufacturing/warehouse and accounting/finance skills. Another niche demand hard to fill according to top employers is drivers, both local and over the road while Construction companies seek general office/clerical workers.

**The Longer View in 2013**

When asked if employers changed their hiring plans for 2013 because of new tax laws ninety-four percent (94%) said No, while those remaining didn't know or couldn't answer. When asked the follow-up question,

"Will you hire, more, less or take a wait & see attitude in 2013?" thirty-five percent (35%) say they will hire more with another forty-nine percent (49%) choosing wait & see. Only ten percent (10%) of employers say they will hire fewer in 2013.

Sacramento Regional top companies polled by industry: 45% are Service, 32% are Manufacturers, 17% are Construction and 6% are Retail.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).

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# Capitol Pops Concert Band Marks 16th Anniversary with a Free Concert



Maestro Jerry Lopes leads the Capitol Pops ensemble. Photo by Susan Maxwell Skinner.

SACRAMENTO REGION, CA - (MPG) The Capitol Pops Concert Band will celebrate its 16th season with a free, open to the public concert at 7:30 p.m. Saturday, April 13, 2013, in the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Jerry Lopes, CPCB's Anniversary Concert performance will include some of the band's traditional American favorites that have entertained Northern California audiences for 16 years. Voice and instrumental soloists will be part of the show, which will run about two hours, with a 20-minute intermission.

Longtime band supporter Easley Nursery in Auburn will

provide a special rosebush for the band's student scholarship raffle, and decorative spring plants will be sold after the concert concludes. All plant-sale proceeds support the CPCB's general fund.

The concert is co-sponsored by the City of Citrus Heights and the Sunrise Recreation & Park District.

Started in 1997, the Capitol Pops Concert Band performs a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. It plays at more than a dozen Sacramento-region venues annually. The band's musical repertoire includes music from

Broadway shows, movies, marches, patriotic, vocal and instrumental solos, and popular music from several eras.

Most concerts are free and open to the public. The self-supporting, nonprofit CPCB is made up of about 75 volunteer musicians, ranging from college-age students to nonagenarians. Musicians and vocalists represent a wide cross-section of the Sacramento area, with educators, business people, industry professionals and retirees in the fold. CPCB's scholarship fund supports the education of student musicians.

More information can be found at [www.capitolpops.org](http://www.capitolpops.org) or on Facebook.

# Vietnam Veterans of America to Hold Car Show in Carmichael



Bill Holt, 1950 Chevrolet; Rick Bergman, 1929 Ford Model A Roadster. Photo credit Lynne Tolman

By Lynne Tolman

CARMICHAEL, CA - (MPG) The Vietnam Veterans of America Chapter 500 will be hosting a car show on April 13th at the Carmichael Elk's Lodge.

Event organizer Bill Holt says this first—and hopefully annual event—is a new idea, conceived primarily as a fund raiser for the Vietnam Veterans of America. Bill is also the member of a local Chevrolet Club and has participated in a number of car shows before, so he has experience that should ensure that the show is a success.

Registration begins at 9:00

am on the day of the event and the show itself will commence at 10:00. Entrance fee is \$20.00 per vehicle and the show is open to all cars of a pre-1972 vintage. Goody bags will also be included until they run out.

There is no admission charge for passengers or visitors and the public is heartily invited to attend. As an additional fund raiser, volunteers from Chapter 500 will also be hosting a barbeque with refreshments available for purchase since the show goes through the lunch hour.

Bill notes that the show will wrap up at a reasonable

hour—most likely between 1:30 and 2:00 pm—at which time the awards will be handed out. “There will be three trophies, all selected by People’s Choice: Men’s, Ladies’ and all around Best in Show.” There will also possibly be music, but Bill says that they are still working on that one.

This event will be a fun opportunity to come and see an assortment of classic cars, enjoy a hot dog or hamburger and learn more about the Vietnam Veterans of America organization, an entity devoted to helping meet the needs of Veterans of ALL wars and their families.

# Motorcycle Fatality in Carmichael

## Traffic Collision Involving Motorcyclist Takes the Life of a Father and Seriously Injures His Son in Carmichael

Special CHP Report

CARMICHAEL, CA – (MPG) On March 26, 2013, at approximately 7:38 p.m., Elmira Atarbekyan, a 51 year old female from Sacramento was driving a green 2000 Toyota Sienna and was pulling out from a private driveway located on the west side of Fair Oaks Boulevard just south of Marconi Avenue.

A 52 year old male from Carmichael was riding a green

2000 Harley Davidson motorcycle in the #1 lane of southbound Fair Oaks Boulevard just south of Marconi Avenue. As Atarbekyan exited the driveway, she was intending to make a left turn onto northbound Fair Oaks Boulevard, and began to cross the southbound lanes directly in the path of the motorcyclist. The motorcyclist struck the left front of the Toyota causing himself and his 16 year old son to be ejected from the motorcycle

and thrown onto the roadway. The rider was pronounced dead at the scene. His minor son was transported to Mercy San Juan Medical Hospital with major injuries. Both the rider and his son were wearing helmets at the time of the collision. Atarbekyan sustained minor scrapes and did not seek medical aid.

Alcohol and/or drugs do not appear to be a contributing factor in this collision. This collision is still under investigation.



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# Carmichael Times

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# Local Young Lady Competes for the Miss Jr. Teen Sacramento/Stockton Title



Kara Stoller of Carmichael. Photo credit Miss Jr. Teen Sacramento/Stockton Pageant.

CARMICHAEL, CA – (MPG) Kara Stoller of Carmichael was recently selected to participate in the 2013 Miss Jr. Teen Sacramento/Stockton pageant competition that will take place on Sunday April 7, 2013. Kara learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local Sacramento/Stockton area. Kara submitted an application and took part in an interview session that was conducted by this year's Sacramento/Stockton Pageant Coordinator.

Kara will be competing for her share of thousands of dollars in prizes and specialty gifts that will be distributed to contestants. Kara will be competing in

the Miss Jr. Teen division, one of four divisions that will have young ladies ages of 7 and 19 competing in modeling routines, which include casual wear and formal wear. Most important, Kara will display her personality and interviewing skills while interviewing with this year's Sacramento/Stockton judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

If Kara were to win the title of Miss Jr. Teen Sacramento/Stockton, she would represent Sacramento/Stockton and the surrounding communities at the National Competition that will take place in Orlando, Florida. Over \$30,000.00 in prizes and

awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Florida.

Community businesses, organizations, and private individuals will assist Kara in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow Kara to become a very confident and well-prepared contestant in this year's Sacramento/Stockton Pageant.

Her current sponsors include Nichol Peterson with Peterson Equestrian in Marysville, Brandon Corey Daniel with All The Way Fit Fitness in Roseville, Nola & Bruce Odens, Jacquelyn Mandarich with Horsin' Around Riding Lessons in Lincoln, Leslie McMasters of A Bit Used Tack Shop in Fair Oaks

Maecella Kwick of Nerium Skin Care in Carmichael, and Steve & Nikol Grubbs with Dutch Brothers Coffee in Carmichael.

Any business, organization, or private individual who may be interested in becoming a sponsor to Kara may contact the Miss Jr. Teen Sacramento/Stockton pageant coordinator, at 1-877-403-6678.

Source: Miss Jr. Teen Sacramento/Stockton Pageant



Carol with her Dad James Rogers



### Gardening is a creative pastime

that is open to almost all of us. I especially enjoy the opportunity to make each season in my garden different. Much of this is done when I am choosing the plant palette. It's easy to go into the nursery and pick out plants that look good when you are planting designing. When you do that it shouldn't be a surprise when it looks good the same time each year. Because most people get active in the spring a lot of gardens are best in the spring.

You need to resist the temptation!

In the Sacramento region, we can have an interesting, unique and colorful garden all four seasons. In the spring we have Azaleas, Camellias, Dogwoods, Japanese Maples, deciduous flowering shrubs and trees, but what about the rest of the year.

I have made a list of my favorites choices to extend the color seasons beyond the Spring on my website TheGardenTutors.com. Check it out at <http://thegardentutors.com/misc/seasonalcolor.html> or go to TheGardenTutors.com, "misc." tab and

"Plants for year round color."

Another idea for making your garden change with the seasons is to use container gardening. If you use containers large enough to show in the landscape, you have limitless possibilities.

Annuals that are replanted twice a year give the opportunity to color your garden 12 months a year. Not much work and inexpensive, after the investment in the pot.

A mixed pot with grasses, carex, perennials combined with a few annuals that need to be replaced seasonally gives you opportunity to expose your inner artist. Most of the time this kind of planting lasts two to three years until it needs to be redone. Plants like Citrus, landscape Roses, Camellias, Sasanquas also make great pot subjects. In some cases you can add annuals or small perennials underneath the main plant.

I have a 20 minute video that focuses on pots in the garden at our website at TheGardenTutors.com. Check at "Misc" tab, "Simply Fun video". Changing the subject to fertilizing.

Generally I fertilize anything

that hasn't reached a size that allows it to function in the landscape. Screens that don't screen yet. Trees that are just twigs. Shrubs that need to hold their space in the garden.

I also fertilize plants that need to grow to do what you intend them to do: Roses that need to grow to bloom, Citrus plants that need fertilizer for sweet fruit, deciduous fruit trees that need to grow to bloom or Camellias and Azaleas that need to grow to bloom.

I seldom fertilize that Indian Hawthorn that is out-growing its spot, a Photinea that is already too big, or a trees that are big enough.

Fertilize only the plants that need it. Reduce over fertilizing. Over fertilizing contaminates the ground water and eventually the rivers.

My next article will be talking about watering.

Happy gardening,  
Jungle Jim  
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# Easter Festivities a Big Hit



Sarah Ghezzi and Reyna Figueroa join the Easter Bunny (Diane Foster) in banging the breakfast drum, with enthusiastic support from fellow Kiwanians Bill Fellers, John Foster, and Mike Hoover. This year's event drew a large crowd of young egg hunters who cleared the park grasses of any Easter Bunny treasures left behind.



The Carmichael Kiwanis put on a tasty pancake breakfast for all those who attended the Easter festivities at Carmichael Park. To find out more about one of the leading service organizations in our area contact Cathy Snow at (916) 804-7687 or Donna Miller at (916) 944-2137. You can also visit CarmichaelKiwanis.org. The group visits every Wednesday from 7 to 8 am at the Carmichael Elks Lodge.



Dr. Bob Graykowski



*You know that physical exercise is essential for physical health, but are you also aware that mental exercise is the key to brain health? According to exciting new research activities that "exercise" the brain keep the mind sharp, and prevent cognitive decline such as Alzheimer's disease and other forms of dementia.*

As a wellness specialist, I am concerned about all aspects of patients' well being. The mind and body work in synergy, rather than in isolation. That's why we teach patients to focus on prevention of ailments. That includes encouraging patients to engage in daily exercise for both the body and the mind.

### The Latest Research on Brain Exercise and Dementia

According to a hot-off-the-presses study published in Neurology, the medical journal of the American Academy of Neurology, people who engage in activities that exercise the brain may delay the rapid memory decline that occurs with dementia, including Alzheimer's disease.

At the beginning of the experiment the seniors reported how often they participated in six leisure activities that engage

# Have You Done Your Brain Exercises Today?

the brain: reading, writing, doing crossword puzzles, playing board or card games, having group discussions and playing music. The researchers then looked at the point when memory loss started accelerating rapidly for the participants. They found that for every additional activity a person participated in, the onset of rapid memory loss was delayed. The point of accelerated decline was delayed by 1.29 years for the person who participated in 11 activities per week compared to the person who participated in only four activities per week.

### The Top Brain Exercise

- Reading
- Writing
- Playing music
- Crossword puzzles
- Sudoku
- Complex riddles
- Brain-teaser books
- Trivia games
- Card games
- Board games
- Group discussion

### Super-Charge Your Brain Exercise

To get the most out of your brain exercise, incorporate it into volunteer work or social activity. Consider volunteering to read books to sick children, playing card games with residence of a local nursing home, or hosting a discussion group based on a challenge facing our community. Previous research shows that both volunteering and social activity ward off cognitive decline. A new study in the Archives of Internal Medicine reveals that these activities also prevent

decline of motor function, or the ability to move around. Continuous stimulation of the brain helps improve memory. Moving the body all directions everyday brings vital energy to the nervous system.

### TV Doesn't Count

Watching television, including "Educational" programs, does not count as brain exercise, say scientists. Experts suggest that people looking to boost their brain power choose non electronic forms of brain exercise. The world of smart phones makes our lives easier, but when it comes to brain health the reliance on these tools can reduce our memory. The task of not having to remember phone numbers reduces our daily ability to memorize.

### Today is YOUR day to get stimulated!

At Chiropractic USA, we hold monthly workshops at 'no charge' to the community. **Join us for our Brain Health Workshop Tuesday 4/16/2013 at 6:00 p.m.** We will teach you how to revitalize your brain potential. In addition, learn the specific foods you should be eating to increase nerve function, reduce depression, and get a handle on anxiety.

For more wellness information visit our website at [chiropractic-usa.com](http://chiropractic-usa.com). Learn more about our community office and FAN us on Facebook! For weekly health tips go to [www.applestozen.blogspot.com](http://www.applestozen.blogspot.com).

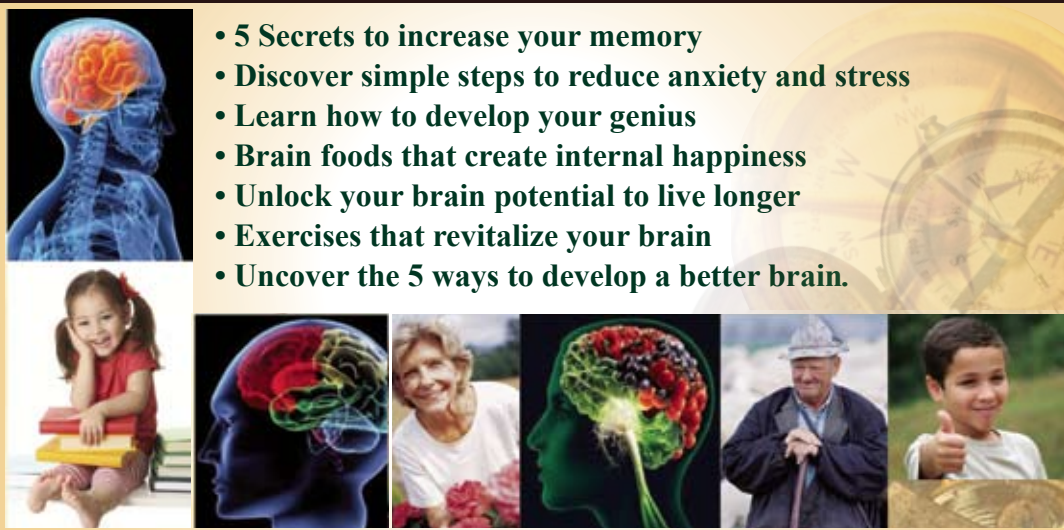
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## BRAIN HEALTH

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This April, come break a tax board and get a break from Robinson's Taekwondo! Robinson's Taekwondo wants to give you a break. Register to attend the event Saturday April 13th and we'll help you learn to break a board during the special 'tax board break-a-thon.'

Registration is required at <http://robinsonstk.com>. Click on **Events**.

Instructors from Robinson's will break boards, show you how and give you a 'refund' matching the amount you spend for 30 days of training. You can keep the refund or give it to a local charity! (Offer limited to new students for a 30-day trial period.)

This offer applies to any new students for Basic Taekwondo, Cardio-Kickboxing, MMA Fitness or Active 50+ Silver Tigers.

Sign up for the world's most taught martial art offering you both fitness with a purpose and self-defense skills.

You'll also get a break as Robinson's provides a refund to double your dollar's power and investment value that you can keep or give to local charity.

This is a one-day special incentive to help you, your community and give everyone who attends the Tax Break-a-Thon a 'whack on taxes' at any of the 17 regional Robinson's Taekwondo locations.

Call 916-332-6979 for information.



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## Announcements & Events Clothing Recycling Drive

March 13 - April 13

Drop off your used clothing, linens and towels and we'll recycle them for you! Drop off location is 5750 Grant Avenue in Carmichael, Monday - Friday, 8:30-5pm. Saturday, April 13 clothes may be dropped off at the Band Shell from 9am-2pm. Clothes must be in plastic bags.

### Creek Week

Join the fun while making a difference in your community! Go to [www.creekweek.net](http://www.creekweek.net) for more details and information on activities or call Sacramento Urban Creeks Council at (916) 482-8377. Make sure to join us on facebook!

For registration & other information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

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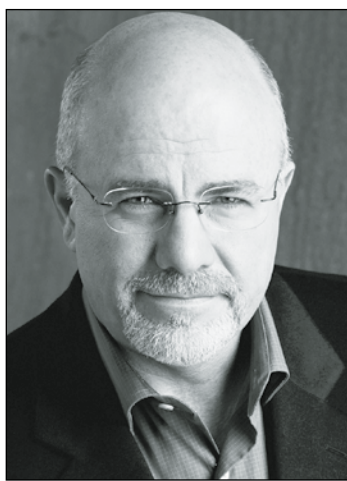
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*Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*

### A Model Opportunity

Dear Dave,  
My daughter is 14, and she was recently offered a steady weekend modeling job. Do you have any advice on how to handle the money she earns?  
- Cynthia

Dear Cynthia,  
In terms of investing some of the money she'll make, a Roth IRA would be pretty cool. You would have to oversee it, of course, and you'd have to file a tax return, but starting something like this when she's 14 would help set her up for some serious money later.

I think the biggest thing, however, is to make sure you create lots of teachable moments for this young lady. There are three areas every child should learn about when it comes to finances: spending, saving and giving. If she's working and earning money, she should be able to spend a little and enjoy the fruits of her labors—within reason, of course.

Saving for the short term might include putting money aside for a car or even college. Long-term goals would include the Roth IRA, so she would have a head start on being able to retire with some dignity one day. Then you should always make

# Dave Says

sure to give some. Whether it's tithing to your church or finding other good causes, giving helps others and it's good for the giver. When we give, it helps us realize that we're not the center of the universe. It also makes us a little more Christlike.

This is a phenomenal opportunity for your daughter. It's also a great chance for you, as a parent, to involve her in the process and teach her important lessons that will last a lifetime!

- Dave

### Trusting in the Family

Dear Dave,  
When should a couple think about creating a family trust?  
- Angie

Dear Angie  
A family trust can take different shapes. Couples with young kids sometimes consider creating a trust in the event that they both die unexpectedly. In these situations, a family trust would be managed for the care of minor children.

Some people also create trusts for the purpose of avoiding estate taxes. These trusts aren't as common, because you don't have to

worry about estate tax problems unless you have assets in excess of \$5 million, based on current law.

But to be honest, Angie, I can't think of a situation where you'd want to create a family trust to manage money while you're alive. Unless, of course, it contains some kind of estate planning implications.

- Dave

*\*For more financial help, please visit daveramsey.com.*

CROSSWORD												
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### CLUES

- |  |   |   |   |
|--|---|---|---|
| <p><b>ACROSS</b></p> <p>1. Indian instrument in "Norwegian Wood"</p> <p>6. Lab eggs</p> <p>9. "I want my baby ____"</p> <p>13. "Mack the ____"</p> <p>14. Type of test for women</p> <p>15. Bridal veil fabric</p> <p>16. Of sour taste</p> <p>17. Pitcher's stat</p> <p>18. Bone-chilling</p> <p>19. "I'm the wonderer, yeah, the wonderer, I roam ____"</p> <p>21. "Lean on me... I'll help you ____"</p> <p>23. Hit the slopes</p> <p>24. "I read the ____ today oh boy"</p> <p>25. It makes a guitar louder</p> <p>28. Small ornamental case</p> <p>30. "Hey, I just met you... but here's my ____"</p> <p>35. Like beef with little fat</p> <p>37. Aphrodite's son</p> <p>39. Artillery burst</p> <p>40. Doing nothing</p> <p>41. Puzzle combining pictures and letters</p> | <p>43. Hula feast</p> <p>44. Opinions from Barbara, Elisabeth and Joy</p> <p>46. "____ no mountain high enough"</p> <p>47. Danson and Seth MacFarlane's stuffed animal</p> <p>48. Like a smell or taste of soil</p> <p>50. "Now you're just somebody that I ____ to know"</p> <p>52. "I ____ the bad moon rising"</p> <p>53. 500 sheets</p> <p>55. Surfer's turf</p> <p>57. "Killing me softly with ____"</p> <p>61. "I'm puttin' on my ____"</p> <p>64. Bye to Edith Piaf</p> <p>65. Frigid</p> <p>67. Impulses</p> <p>69. Rubber-____ boots</p> <p>70. And not</p> <p>71. High-pitched laugh sound</p> <p>72. Walk, as through mud</p> <p>73. ____ Goo Dolls</p> <p>74. Brewer's staple</p> | <p><b>DOWN</b></p> <p>1. Reggae precursor</p> <p>2. Ancient Peruvian</p> <p>3. Bleacher feature</p> <p>4. Rounded hairdos</p> <p>5. Chastise</p> <p>6. Popular newspaper page</p> <p>7. Variable, abbr.</p> <p>8. Quickly or rapidly</p> <p>9. Dutch settler in South Africa</p> <p>10. Breezy</p> <p>11. The Muse of history</p> <p>12. Razor-sharp</p> <p>15. Sometimes denoted as a "v"</p> <p>20. Fertilizer ingredient</p> <p>22. Barley bristle</p> <p>24. Nb on Mendeleev's table</p> <p>25. "I will survive... I know I'll stay ____"</p> <p>26. The press</p> <p>27. A whiter shade of pale?</p> <p>29. Carbamide</p> <p>31. Scotch ingredient</p> <p>32. "Lady sings the ____"</p> <p>33. Some do this with taxes</p> <p>34. Awaken</p> | <p>36. Former Speaker of the House</p> <p>38. Phoenix' team</p> <p>42. Dictation taker</p> <p>45. Corpse's garb</p> <p>49. Asian capital</p> <p>51. "I didn't shoot no ____"</p> <p>54. "I'm sitting here, doing nothing but ____"</p> <p>56. "You and me and the devil makes ____"</p> <p>57. Door fastener</p> <p>58. "White Wedding" singer</p> <p>59. Fodder holder</p> <p>60. Start of something big?</p> <p>61. Apprentice</p> <p>62. Turkish honorific</p> <p>63. Found in a caddie's pocket</p> <p>66. Dove's sound</p> <p>68. Part of tennis match</p> |
|--|---|---|---|

For Solution See Page 7

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

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# POPOFF!

with Mary Jane Popp

saturated fat had more than triple the risk of developing Alzheimer's disease.

2) **Trans Fats** found in doughnuts and snack pastries, have been shown to increase Alzheimer's risk more than five fold. These "bad fats" raise cholesterol levels and apparently increase production of the protein that collects in plaques in the brain.

3) **Excess Iron.** While we need iron to make hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

4) **Excess Copper.** The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

5) **Aluminum.** Aluminum's role in the brain remains controversial. However, because it has been found in the brain of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Now let's get to the **Brain-Protecting Foods** for getting that brain going.

1) **Nuts and Seeds** are rich in vitamin E. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, and flaxseed. Just one ounce a day is plenty.

2) **Blueberries and Grapes** get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

3) **Sweet Potatoes** are the dietary staple of Okinawans, the longest-lived people on Earth who

are also known for maintaining mental clarity into old age. They are rich in beta-carotene, a powerful antioxidant.

4) **Green Leafy Vegetables** provide iron in a form more absorbable when the body needs more and less absorbable when you have plenty. So it protects you from brain overload which can harm the brain. Green veggies are also loaded with folate, an important brain-protecting B-vitamin.

5) **Beans and Chickpeas** have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or Tran's fat.

6) **Vitamin B-12** is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, in supplements, they are highly absorbable. Together, folate, vitamin B6 and vitamin B12 eliminate homocystein, which can build up in the bloodstream—rather like a factory waste and damage the brain.

So there you have a brief glimpse into the world of the brain. In "Power Foods" For the Brain, you will discover a three-step program for brain health which includes putting power foods to work by shielding yourself from toxic metals, avoiding harmful fats and cholesterol, and building your vitamin shield. Add strengthening your brain through mental exercises that build your cognitive reserve, and physical exercises that protect your brain, and defeating memory threats by building memory power as you sleep, and finally, by identifying medicines and health conditions that impact memory. Got recipes too. It all begins with your desire to get started! If you need more info, go to Dr. Barnard's website at [www.PCRM.org](http://www.PCRM.org). Don't forget!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.**

## BRAIN POWER

Are you losing your car keys a little too often these days? Are you having memory lapses more frequently? I know we worry about things like Alzheimer's disease, which is getting to folks younger and younger. What we need to do is get that brain working to its maximum capacity, and I've got the perfect person to do just that. I recently had **Dr. Neal Barnard** on my POPPOFF Radio Show, and he said getting that brain working will get you what you want in "Power Foods" For The Brain. Dr. Barnard is President of the Physician's Committee for Responsible Medicine in Washington, D.C. and one of America's most well-respected nutrition authorities.

In recent years, researchers have found that "bad fats"—saturated fat and Trans fats—greatly increase the risk of developing this dreaded disease, while foods rich in vitamin E reduce the risk by as much as 70%. Other research teams have shown that foods that are overly rich in iron or copper can promote cognitive loss. Even the cookware we use can affect our brain along with supplements and physical exercise.

So let's start with some of the **Brain Threats** that we should be aware of.

1) **Saturated Fats**, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported that people consuming the most

## Michael Row MR QuickBooks

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By Karen Anderson

## The Spiritual High

There is an event coming up in March next year that I am very involved with. My experience in the past has been when events are planned, it is a long and difficult road with many twists and turns. Finally, shaking, the event starts. The feelings and thoughts come: "Did I make the right decision coming here? Did I do everything I could to make this work out right? What if the women don't like what I put together? Why am I even doing this?" Do you see a pattern in the questions? It is all centered around me, and what I wanted to do. How utterly ridiculous that is. In all the planning, I left out the most important element of the event...GOD.

In the planning this time, what makes the difference is that it is His event. God has given me a much needed mind-shift. What a difference! I have not forgotten who should be at the center of it all. Do you know who that is? *It is God!* He is the Master of it all. I know the enemy is hard at work trying to stop this event from being successful. I was having that old self-centered feeling of doing it my way, and it just wasn't working. I was allowing others to try to tell me what to do and how to plan it. As a result of that doubt, fear and whatever else you want to call it came rushing back in and I was fearful and depressed. I was at the lowest part of my ongoing roller coaster ride. This time I reached out to God and He answered in a mighty way. Through just one phone call, all my fears and depression was

gone in an instant. It was almost beyond belief that God fixed everything with one call and the enemy went crawling away in defeat. Praise God for once again coming to my rescue. The spiritual high was almost overwhelming. Then I knew, without a doubt, that this event will be a *huge success* because it is God's and not mine. The realization hit me; once again, I am His instrument to do what He wants. In my weakness, He is strong.

Through this experience, God has shown me that He needs to be in everything that I do, think, and say. Through my uncertainty and weakness He is always there to guide and direct my path. His Word says, "*Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, and keep a firm grip on you.*" Do you want that *spiritual high*? Or do you want to constantly be riding that roller coaster with its ups and downs? If not, it is time to reach out and take hold of the hands of God. He is waiting for you.

PASSAGE: Isaiah 40:10 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com active by April 15th. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen www.doablesteps.com/contact.*

Zip! Zing! ZOWIE!...What a feeling! I want to enjoy this super high for the rest of my life. Many of us have been on the roller coaster rides and you walk up to the ride, a little scared, a little excited, and even a little intimidated by this huge monster looming before you. You sit in the seat and they strap you in for your safety. I've often wondered what would happen if they didn't strap you in? Hmm! I wonder, sometimes, don't you? I guess you had better be holding on for dear life, right? Now it begins. The roller coaster starts, and your heart is racing as you climb that first mountain of track. At the same time, you are trying to anticipate what the thrill will be like. You are sent hurtling down the other side and then whoosh around this corner, and fly around the next turn. Then there is that slight rest as you start to climb again...this is the time to take a breath before it starts all over again. At the end, you step out cautiously from the ride and steady yourself before you walk down the stairs and back to reality.

I experienced something like the roller coaster just recently.



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## May Library Book Sale

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SACRAMENTO REGION, CA - (MPG) The next Friends of Arden-Dimick Library book sale is scheduled for Friday, May 3 from 1:00 p.m. to 6:00 p.m. and Saturday, May 4, from 10:00 a.m. to 3:00 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue. Funds from this sale will be

used for local library programs. A beautiful new on-site storage unit provides additional room to store and ultimately sell even more donated books! More than 7,500 books, including a wonderful collection of children's books, will be offered at incredibly low prices; from 50¢ up to \$1.50. This will be an excellent, affordable opportunity

for adults and children to stock up on summer reading materials. The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.

## Local Meeting Notices

### Organic Gardening

April 5, 2013 - the Organic Gardening Club of Sacramento County meets at Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, 10 a.m. This week, we will leave at 10:30 a.m. on a tour to Rudolph Steiner College Gardens, hosted by Mr. Harold Hoven. Call 916-635-6724 for information.

### Society of Military Widows

April 6, 2013 - The Society of Military Widows, Sacramento Chapter #5; meets at Lions Gate,

McClellan Park at 11:30 a.m. Reservations are required for lunch; please RSVP. Luncheon will be followed by speaker John Holloway on "Packing Light for Easy Travel". Call 916-635-6724 for information.

### California Citizens for Health Freedom

April 11, 2013 - a free lecture, "Death Begins in the Colon" presented by Michael J. Kwiker, D.O. The meeting is at the SMUD Auditorium (the old SMUD building), 6201 S Street, Sacramento, from 7 - 9 p.m. Call 916-635-6724 for information.



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# SACRAMENTO FINE ARTS CENTER, INC.

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## Current and Upcoming Events



"Poppy Glow", by Maria Porter, Best of Show 2012. "Awash With Color".

**"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show.**

April 2-20, 2013. Juried by Patricia Osborne.

"Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed. Special 2nd Saturday Reception with live music, April 13, 2013, 5:30-8:30 pm.

### Painting Where The Wild Things Are

On Saturday, June 8th, 2013, the American River Natural History Association (ARNHA), will join with The Sacramento Fine Arts Center to present the fourth annual **Painting Where the Wild Things Are**, an art show, auction and gala celebrating interpretations of local nature subjects. This event brings together art patrons, philanthropists, artists and nature-lovers for what has become the most important fundraiser of the year for the Effie Yeaw Nature Center, a non-profit education and visitor center operated as a community service by ARNHA. The artwork accepted for **Painting Where the Wild Things Are** will be on exhibit at the Sacramento Fine Arts Center in Carmichael from May 7 - 25, 2013. 2nd Saturday Reception & Awards May 11th, 5:30-8:30pm (awards at 6:30pm). For information on the Art Show contact David Peterson at aquacolorist@yahoo.com

### "Impressionist Painting in the Studio" with artist Kristen Olson

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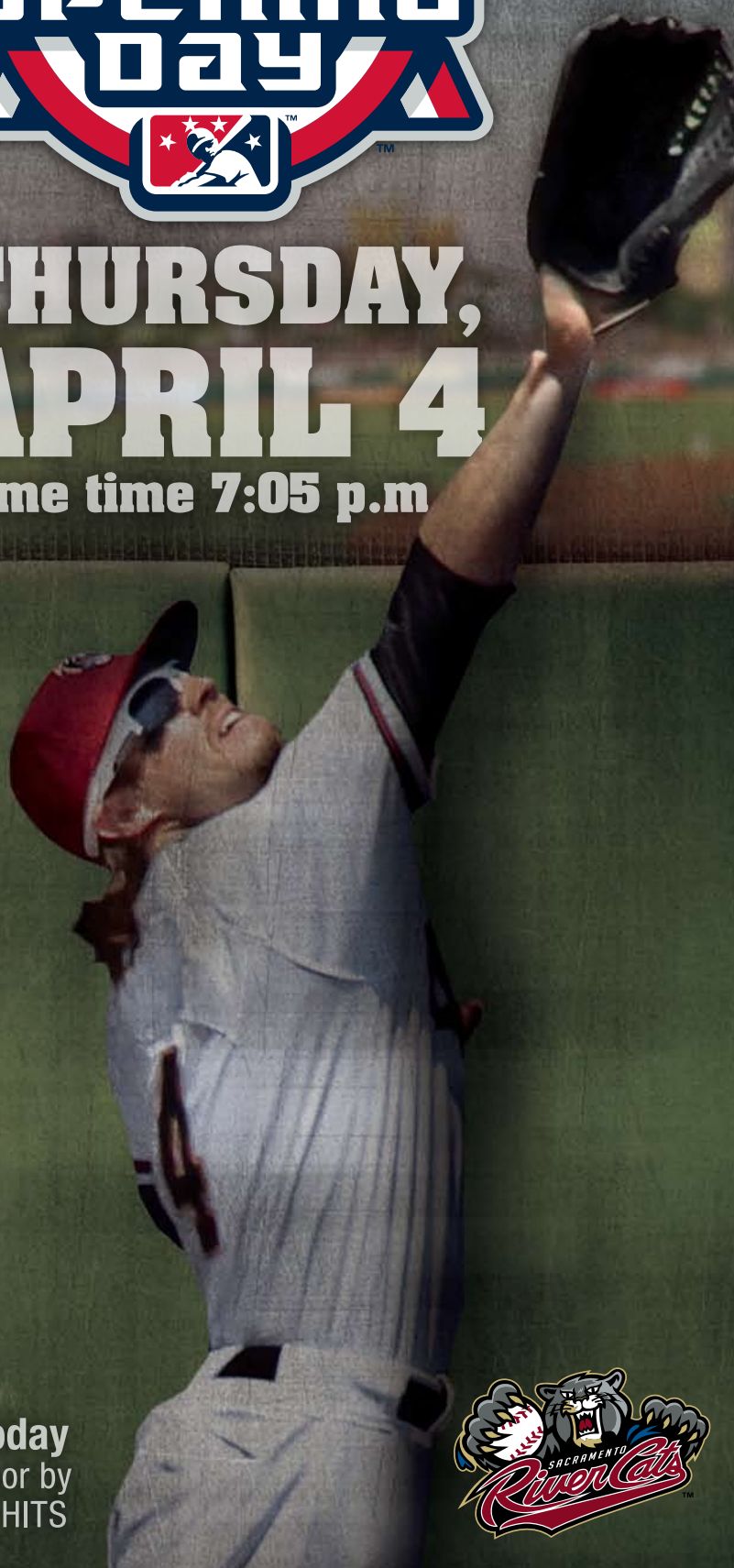
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# Eliminating the Deficit, Progressive Style

Commentary by  
Dr. R.B.A. Di Muccio  
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A wise man once told me that when any tax-levying entity operates at a deficit, the possible causes number precisely two. Either it is taxing too little for how much it wants to spend, or it is spending too much for how much it wants to tax. It has either a revenue problem or a spending problem.

The problem for Republicans is that George W. Bush presided over massive increases in spending and the conversion of a budget surplus to a large deficit. According to Office of Management and Budget data, federal revenue in 2000 totaled just under \$2 trillion, while spending was about \$1.8 trillion—a \$200 billion surplus. By 2008, we had a deficit of \$500 billion because spending had increased 67 percent (to 18 percent of GDP) while revenue increased only 25 percent over Bush's eight years.

By 2012, Barack Obama's deficit settled in at about \$1.3 trillion, a 160 percent increase over 2008. OMB estimates for 2012 show that while annual revenue increased

about 17 percent since Obama took office, annual spending increased 27 percent (to 24 percent of GDP).

So, is that a revenue problem or a spending problem? Well, if you ask Democrat leaders and pundits, it's definitely not the spending. Congresswoman Nancy Pelosi doesn't believe we have a spending problem, nor does Senator Tom Harkin—to provide just two recent examples. As for pundits, count The Daily Kos, Mother Jones, and Paul Krugman amongst the "spending problem deniers."

Democrats seem pretty convinced of this. So, here's an idea: What if we just agreed that we have a revenue problem and tried to erase the deficit with new taxes alone?

What, then, would a \$1.1 trillion (the 85 percent share of the deficit made up by individual income taxes) "revenue" increase look like? We could try to eliminate the deficit "by getting millionaires and billionaires to pay a little bit more." There are approximately 250,000 households (less than 0.5 percent of all households) in America with annual income over \$1 million. Asking them to eliminate the deficit alone



What's the point of all of this? Eliminating the deficit with taxes alone?

would add \$4.4 million in new annual taxes per household.

Well, it might not be practical to ask tens of thousands of Americans to pay an amount that is quadruple their total income. But if we expand the definition of "millionaires and billionaires" to households with incomes over \$200,000—we now have 4.2 percent of households to work with. If we reduce the incremental burden on millionaires to only \$500,000 per household, the additional per household tax bill on those making more than \$200,000 goes up to, well, just

over \$200,000.

Since our tax code is among the most progressive in the world, we could try to share the \$1.1 trillion equally among income brackets. This would add only about \$9,600 in new taxes for every household—including those in the lower two brackets (which together make up 47 percent of all households), whose federal income taxes would go from 0 percent (or even below 0 percent) to at least 20 percent and in most cases much higher.

What's the point of all of this? The first point is that there

is, in fact, no feasible scenario wherein you can eliminate a \$1 trillion-plus deficit with taxes alone. Democrats understand that you can't confiscate all or most of the income of the wealthy and have no intention of asking the lower 47 percent of households to begin paying federal income tax. And even if you increased the corporate federal tax share from 15 percent of the total to, say, 20 percent (a 33 percent increase), individual households still would have to plug a \$1-trillion deficit with new taxes (instead of \$1.1 trillion).

The more fundamental point is that progressives' rhetoric on this topic is cynical and dishonest. Their reactions to the "sequestration" in early 2013 tell the truth of the matter. Best estimates on the proposed "cuts" show they could amount to about 2 percent of the total budget, barely a drop in the bucket. And the reality is that overall federal spending will still increase over last year, and in every category except maybe defense. But even this is being mercilessly demagogued by Democrats, proving that no actual spending cuts are acceptable to them. Of course,

economic growth would help. But even Obama's first chief economic adviser understands that huge tax increases cause economic contraction, not growth.

So, if you're not willing to reduce spending and you recognize that there's no way to eliminate the deficit through tax increases alone, you are left in an endless loop that points inexorably to one conclusion: you don't actually care one iota about the deficit, or the resulting debt, or the economic crash that is sure to result from this whole absurd mess.

Dr. R.B.A. Di Muccio is a guest commentator for The Center for Vision & Values at Grove City College. A former assistant professor and chair of the international relations program in the political science department at the University of Florida, he is now vice president of research and advisory services for a global business advisory firm. He received his Ph.D. in international relations from the University of Southern California.

Editor's note: A longer version of this article first appeared at American Thinker.

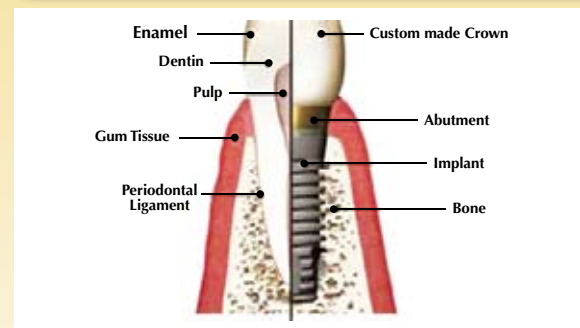
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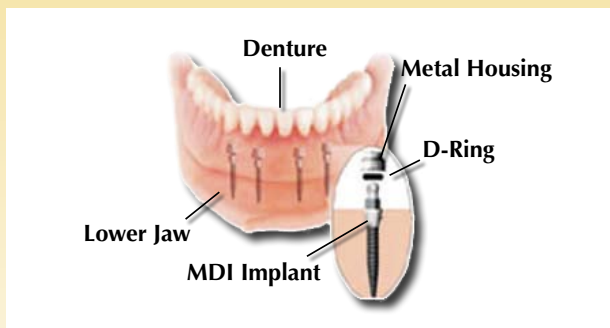
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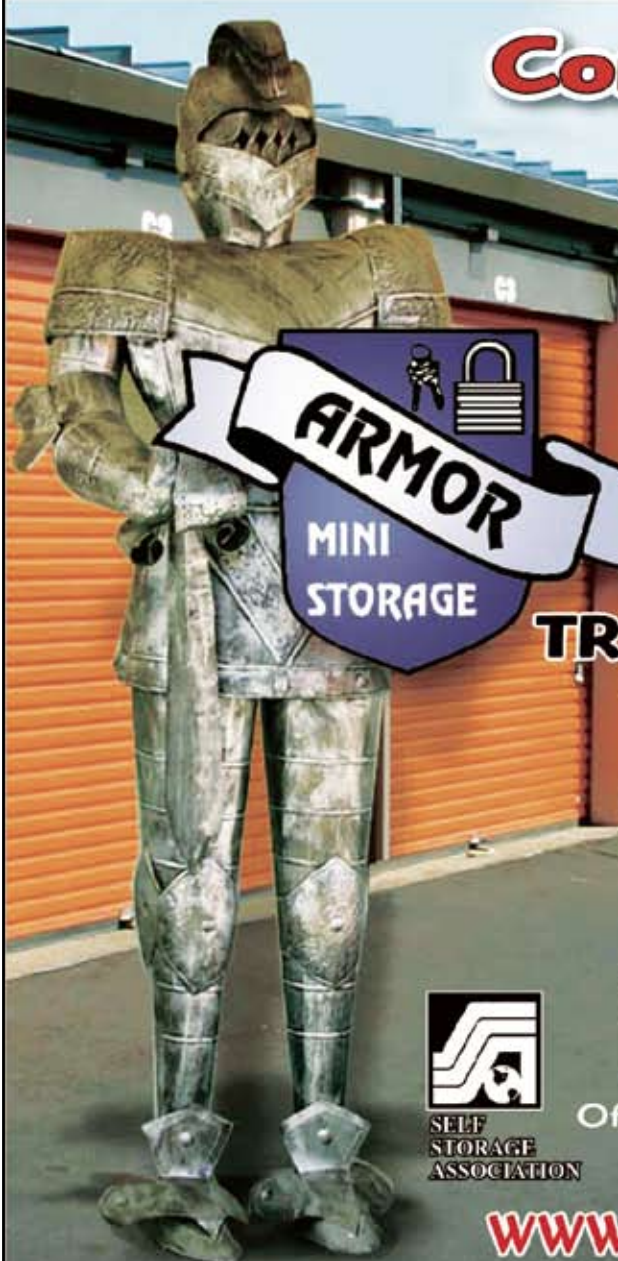


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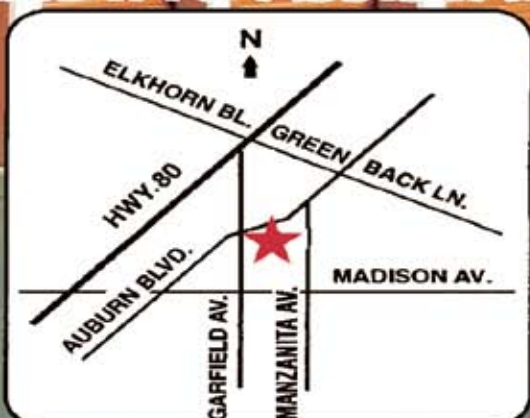


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